

Pre-K Schedule

Parts of Your Day Provide movement and breaks between activities	Target Skills <i>Teacher's suggestions</i>	How did it go? Concerns? <i>key at the bottom of page</i>
Morning routine – Bathroom, Wash hands, Brush Teeth, Get Dressed		<input type="checkbox"/>
Breakfast		<input type="checkbox"/>
Play (not electronic)		<input type="checkbox"/>
Transition and get ready for lessons <i>(also use transitions for other parts of the day)</i>		<input type="checkbox"/>
Teacher lessons, Therapy lessons		<input type="checkbox"/>
Play (family join in play to incorporate skills)		<input type="checkbox"/>
Story time		<input type="checkbox"/>
Fine motor and craft activity (combine with play if craft activity is not possible)		<input type="checkbox"/>
LUNCH!!		<input type="checkbox"/>
Short, favorite book or short quiet play (not electronic)		<input type="checkbox"/>
Rest/nap		<input type="checkbox"/>
Play, electronics allowed (set a time limit)		<input type="checkbox"/>
Snack		<input type="checkbox"/>

Notes: Choose a few skills for a day or a week. Work on those skills in as many activities as possible.

Some skills (listed below) are important ones to work on throughout every day:

- Identifying feeling, regulating actions, and calming down when upset
- Putting away materials and helping with clean up
- Transitioning to next activities (remember to give a warning that a change is coming)
- Making choices and communicating

Key for Progress (mark in box):

0 =

1 =

2 =

X = we didn't have a chance to try

Note: Write your concerns or comments in the box to share with teacher